

# OUTDOOR PROGRAMS FOR MICHIGAN WOMEN

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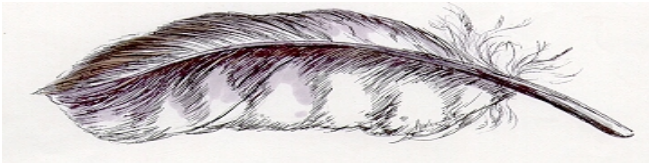


*Since our last Becoming an Outdoors-Woman newsletter, our world has changed forever by the horror of 9-11 and the collapse of the World Trade Center. America may be changed but the American sense of hope and progress has survived. Women still came out in record numbers to learn new outdoors skills, create new friendship and "get on with life".*

*The BOW program reached some new audiences. In June I traveled to Sault Ste. Marie to do a women's program at the Ducks Unlimited State Convention. Waterfowl lovers and hunters were there, getting on with the important work of conserving wetlands, promoting hunting ethics and recognizing the need to promote conservation for future generations. The Rocky Mountain Elk Foundation and Pheasants Forever also invited BOW into their midst to share ideas and hopes involving more women in conservation work and outdoor recreation.*

*Trout were featured at a highly successful workshop held at Twin Pine Lodge on the banks of the Au Sable outside of Grayling. This stretch of river has been designated "flies only" and "catch and release"; two important conservation management methods. The women went away with new skills, a greater appreciation of the fine art of fly tying and fly fishing and a renewed sense of the importance of "getting on with life."*

*Becoming an Outdoors-Woman held many other successful workshops and I had the pleasure of meeting and sharing ideas with many dedicated volunteer instructors and wonderful participants. It is now time for BOW to "get on with new programs and new locations and sharing our great outdoors in Michigan."*



**Lynn Marla, Editor**

Thank you to  
the  
generous  
supporters of  
the  
BOW  
Program



The Hal & Jean Glasen  
Memorial Foundation



# OUR HEROINES



Marilyn McEwen says,  
"Snapshots of my misspent  
youth! I wasn't raised with  
wolves, but all boys. . .about the  
same thing!"



In memory of  
Irene Tischer,  
Lynn Marla's mom,  
who passed away in  
September.

"Thanks Mom  
for everything!"



*One woman's thoughts on the BOW  
Fly-Fishing weekend August 2002*

Brown trout  
Brook trout into our groups  
We did divide

Like the ebb and flow  
The groups came and went

Women helped each other  
New friends to discover

Organize was a dream enough to  
Make the poor men scream

Butt monkeys, trico,  
Save the queen! Oh my  
Will I ever know?  
What all this means?

Jamie did show us  
How our flies should be tied  
Amy libation, she supplied

Paco was patient and able,  
Kerry from the same stable

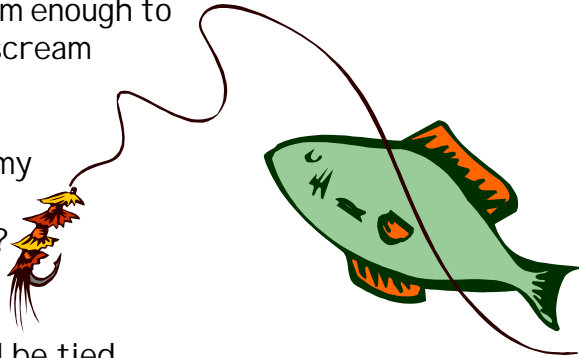
Lynn and Carol did devise  
This BOW, all women to keep  
In tow. The river did beckon  
And joy was had in every second

We will treasure our two days  
On the beautiful AuSable.

And the pleasure of Hospitality at  
Three Falls and Twin Pines Lodges

The fly fishing  
Women of the BOW.

By SuzAnne Beckley



*B.O.W.  
By Kit Durocher*

Without knowledge

I wish...

I wonder...

I will...

With knowledge

I can...

I do...

I am...



**Super Volunteer Pat Byrnes**

Pat is fun-loving and willing to pitch in and do most any task to make a BOW program run smoothly. She makes putting on a program fun and easy. Thanks Pat!





# A T A L E F R O M G R O U N D Z E R O

By Bonnie Brenner

*Bonnie Brenner, kitchen manager at Ebersole Center, spent some of her vacation this year camping – but it was a camping experience unlike any other. Famous for helping others in her own community, Bonnie reached out to help the victims of 9-11. This is her story. (Reprinted with permission)*



On October 15, 2001, I was fortunate to travel to New York with a group of volunteers – an experience I'll always remember. At each stop on our 16-hour trip, four people from each bus would stand guard. I asked the driver why and he replied, "We were so well publicized, the FBI thought we could be an easy target!" That put a lot of us on edge....

We stayed at a rustic Y.M.C.A. camp in Dingmans Ferry, PA, 90 minutes from New York. The first day we went to a military base in Bayonne, NY to work for the Salvation Army. Our job was to sort through donations. A supervisor told us we might not make a dent in the job to be done. Little did he know of our determination. After two days of work, we were asked not to come back in order to leave something for other volunteers to do.

The security in New York was unbelievable! People living there had to show I.D. to get into their buildings. Proper papers and picture I.D. were required to enter the Red Cross Center near Ground Zero. While there, we helped

with data processing, serving food to volunteers, and stuffing over 1000 folders with information on disaster victim relief. At the Respite Center, we changed bedding, cleaned up after meals, fed the firefighters, and tried to make their few hours of rest as pleasant as possible.

The debriefing we took part in before going to Ground Zero was intense. They stressed, "No pictures, no souvenirs, no talking to the men unless they talk to you first." We were given instructions on what to do in an emergency, and warned not to wander off the site. It was a Federal Crime Scene and they were still looking for evidence.

We saw the World Trade Center site from about a black and a half away. Pictures of the destruction do not show the intensity of the disaster. Emotions were very strong and we were glad that we had been prepared for what we saw.

When it was time to leave, our bus was delayed due to a

bomb threat at the Red Cross Center. It was impossible to predict what would happen hour-to-hour – even minute-to-minute. Workers at the site couldn't thank us enough for our help. One of the firemen said, "You are the heroes, we are only doing our jobs. You took off work, paid your own way, and gave your time to come and help us."

For me, it just felt good to be able to do *something* in a time of need.



# Reflections on Deer Hunting

**By Mary Cardwell**

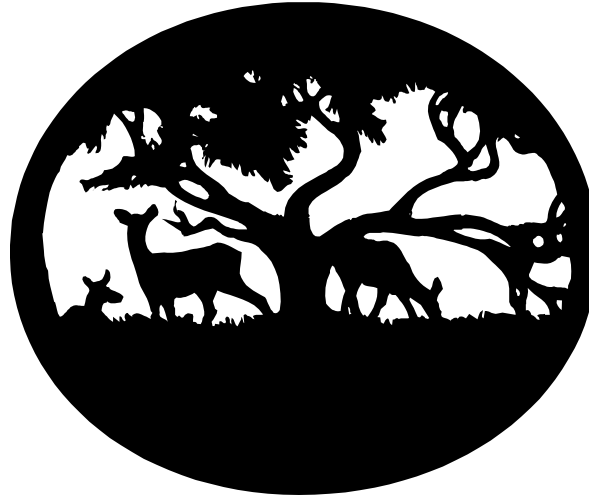
*(Mary participated in the first  
Becoming an Outdoors-  
Woman All-Women Deer Hunt  
November 2001)*

I love sunrises and sunsets. Although the fog, mist, and dew precluded spectacular views of the sun and put a damper on seeing deer, it was nonetheless a special experience. That first morning as I sat in my blind, I thought I saw things-mirages in the fog. As I looked up at the hill on my left, I thought what a lovely place that would be to build a house. As the fog started to clear, I thought I saw the shape of a house. How incredible! I knew no one was building a house there. It was almost as if my thoughts were taking shape in physical reality. As the fog cleared more, I saw that there was a building there. Not the one I had envisioned, but one of the buildings on the property that I had not really paid attention to before as I had been building my blind. It had been a moment of wonder, however, recognizing the power of one's mind to actually create things. The rest of the landscape was equally interesting as shadowy views conjured up pictures which later became different realities.

The doe I scared away as I was lifting my shotgun to shoot has been etched permanently into my being. Although she was 25-30 yards away, I could smell her, feel her warmth, sense her nervousness, feel her heart beating. I was disappointed that I had lost the opportunity to take her, however, my encounter with her at that moment was more meaningful than having venison to eat. I still feel her presence

and enjoy her grace and beauty. I feel more connected with all of life because of her. My relationship with deer was forever changed by her. We had connected briefly as huntress and hunted.

Being a divorced mother with three children, growing up in a family in which no one hunted, fished, or participated in outdoor activities, having no family close by, and no one in my life to support me with equipment, etc., it has been a struggle to be able to find the time and resources to become a hunter. However, because I have had to struggle, I believe I am more committed than if it had been easy for me. I've had to learn about guns, ammunition, and equipment because I haven't had anyone providing me with things to use, no one to clean my gun for me, no



one to take care of things at home when I do go out. I don't have land to use up north-yet. But there are advantages in having to be independent. We all have to learn in our own ways. As a result, my knowledge is **my** knowledge. No one can ever take from me my experiences and what I have learned. And in the process, I have found more of myself. I will be forever grateful to BOW for giving me so many opportunities-my first time shooting a shotgun, shooting a muzzle loading rifle, climbing up

into a tree stand, shooting a bow from a tree stand, calling turkeys, hunting pheasants, hunting deer, trapping-to mention a few. Put simply, BOW has changed my life.

The most valued aspect of this hunting experience for me, however, has been the friends I have made. I hope some of you will be my friends for life. I hope we will go hunting together, camping, continue to shoot together, and stay in contact. Others of you, I didn't get to know as well because we just didn't have the time to spend together. I consider all of your friendships to be priceless! The time and knowledge given to us by our mentors is also unbelievably priceless. Truly, a very special gift. I feel blessed by having had time with all of you.

A wonderful spinoff from my hunting experiences is the ever-growing network of friends I have been weaving outside of our hunting group. Even my mother and sisters, who used to think I was weird for wanting to go hunting, now ask with interest about my hunting experiences. Friends and co-workers have gotten interested and have started coming "out of the closet." Several women with whom I work are interested in learning more about shooting and hunting and have now actually shot guns for the first time. I am going to take several of them shooting with me. At a recent Christmas party (in Ann Arbor!) I got introduced to spouses and friends as, "This is the woman I was telling you about who hunts." I had some wonderful conversations with people that night. I have had no negative responses to my hunting from anyone, even from those who are vegetarian and not at all interested in hunting. My hunting has opened up all kinds of new connections and conversations about outdoor experiences with both males and females. I left work





## Reflections on Deer Hunting (cont'd)

an hour late one night last week because several of us were having such a good time talking about hunting and outdoor activities.

**Keep that feedback coming in!**

Michigan has wonderful diversity with an abundance of natural resources and hunting opportunities. Authors such as James Swan have helped me to appreciate how



wealthy we are. My involvement in outdoors programs in other states has also helped me to realize how much we have even when compared with our neighbors. As a hunter and outdoors person, I feel a tremendous responsibility to help others to become involved and to make certain that we do not lose our rights and our heritage, and, especially, our access to the land. Had I brought that doe home with me, that would have been wonderful. I love venison. I would have used the hide, the bones, the tendons and ligaments, and all parts of that deer. But hunting for me is not only about getting meat and hides. It is primarily about relationships. Relationships with nature, with the land, with other creatures, with other people, with society, and ultimately, my relationship with myself. There is no way I could have had an "unsuccessful" hunt!

A thank you to Vern for having the vision and for all of your time and energy; to John for all of your help, enthusiasm, and many hours of work; to both Lynn Marla and Lynn Richardson for all of your support, help, encouragement, facilitation, and for being such wonderful role models; to the staff at the Ingham Conservation District for allowing us to use the facilities and for putting up with the many messes we made; to Bridget for sharing your house and family with us; to Jackie for expressing your creativity and sharing it with us; to Jan for recording our adventure and for spreading the word about women's activities and opportunities; to Rob, my personal mentor, for giving me two days of his life; to Craig who has stayed in contact with us; to Scott who encouraged us so much; to all of our mentors who gave so much to all of us; to everyone who brought food, shared web sites, recipes, and other information; to everyone for participating and sharing this experience with all of us. It has been an unforgettable journey!

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# FITNESS FOR THE OUTDOORS

by *Monique Rider*

Did you know that you can greatly enhance your outdoor performance with a structured fitness program? Whether your love of the outdoors is simply recreational or takes you to a competitive level, being an outdoors-woman requires strength, endurance, flexibility, and mental focus. You'll notice improvement in all of those areas, and many more, with a well-rounded fitness program.



Outdoor activities involve lifting, carrying loaded packs and gear, walking, climbing, and exposure to the elements. This can take its toll on a body that isn't well prepared. With minimal equipment, barely any cost, and only a few hours a week you can increase your strength and flexibility, decrease your stress, and even strengthen old injuries. As a result, your time in the outdoors will be much more enjoyable.

A complete workout program involves stretching, strength training, and cardiovascular endurance. Depending on your sport, hobby, or event, an individual program can be structured to fit your goals. Strength training can be done with large rubber bands or hand held weights. Cardiovascular work involves running, walking, or the use of aerobics videos. If you have indoor equipment that's great, too! My point is that it's inexpensive and doesn't have to take much of your time. It can also be done in the privacy of your own home.

Always consult your physician before beginning any new exercise program. Then start out slow so you don't over do it. To avoid injury you may want to educate yourself about the use of free

weights. This can be done with instructional videos or through the guidance of an experienced personal trainer.

Strength training that is done consistently results in more powerful legs and a stronger upper body. Regular cardiovascular exercise increases endurance. That means you'll be able to handle longer treks, higher elevations, faster kayaking, or climbing hills for extended periods of time. Are old injuries keeping you from enjoying your wilderness experience? A fitness program will strengthen those areas and help eliminate stiffness, strains, and potential new injuries. Nutrition is also important if you are striving for peak performance in the wilderness. However, that topic is best left for another article.

If you want to handle your gear with ease, hike longer, climb higher, and all without getting winded, I encourage you to experiment with a fitness program. A strong, confident, injury free body will allow you to have much more fun in the outdoors. As an outdoors-woman you can

only benefit from being strong and flexible. Below are a few links to help you learn more about strength training and fitness.

<http://www.acsm.org/health%2Bfitness/index.htm>

[www.myfitnessexpert.com/](http://www.myfitnessexpert.com/)

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Monique Rider is a life coach, personal trainer, and published author. She lives in Grand Rapids Michigan with her husband and two teenage daughters. Monique is a competitive bodybuilder, avid hiker, and she also enjoys camping and kayaking. Monique provides life coaching via telephone to individuals who desire a healthy, balanced, and more joyful life. Her personal training services are also available via telephone or in person. For questions, to contact Monique, or to subscribe to her free ezine feel free to email:

Monique\_Rider@msn.com  
616-874-1574.

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## AN INVITATION FROM K.L. COOL DIRECTOR OF THE DEPARTMENT OF NATURAL RESOURCES



The Department of Natural Resources and our Natural Resources Commission would like to extend every opportunity possible for women to become involved in outdoor activities. Though the Department's Becoming an Outdoors -Woman Program (BOW), we are inviting women 18 years and older to a user friendly introduction to the outdoor heritage of our State. Michigan has 7 million acres of state and federal forests and 36,000 miles of rivers and streams, and 11,000 inland lakes as well as our 4 Great Lakes. We are committed to making these world class outdoor recreational resources available to women. Please join us in a our BOW program to enhance the quality of your life by more fully engaging in the quality of Michigan's Great Outdoors.





# Women's Expo - Lansing April, 2002



**DNR Workers:**  
Lynne Thoma  
Bonnie Arthur  
Helma Ferlit  
Mickey Burns

The DNR Office of Education & Outreach  
set up camp  
with some information  
for women's outdoor activities.



Lynn Marla demonstrating some  
commands to Scout...or is it the  
other way around?



**Wei - Zen Wei**



**Top Row:** Lynn Marla, Craig Barnes, Scott  
Berg, Mary Edgar, Jeannette Augustyn

**Bottom Row:** Janet Canode, Cortney Bash,  
Gail Chapman, Tammy Giroux





# 2003


# Outdoor Events for Women



**APRIL 26 Women on Target Shotgun Instructional Shooting Clinic**, North Macomb Sportsmen's Club, Contact Gary Williams 313-390-6818 day, 248-853-0092 or [gwilli20@juno.com](mailto:gwilli20@juno.com)

**MAY 9-10 WWOW, Wild Women of Washtenaw**, Washtenaw Sportsman's Club, Contact Gail Chapman, 734-449-2378 or [wscwomen@aol.com](mailto:wscwomen@aol.com)

**JUNE 7 Step Outside for Women at the Pocket Park**, Michigan State Fair, Detroit, Contact Gary Williams 313-833-3299

**JUNE 6-8**  **Becoming an Outdoors-Woman Weekend**, Bay Cliff Health Camp, Big Bay, Contact Ann Wilson 906-228-6561 or [wilsoann@michigan.gov](mailto:wilsoann@michigan.gov) or Sharon Pitz [pitzs@michigan.gov](mailto:pitzs@michigan.gov)

**JUNE 28 Beyond BOW Kensington Adventure**, Kensington Metropark, Contact Sherrie Borchardt 800-477-3178 or 248-685-1561 or [sherrie.borchardt@metroparks.com](mailto:sherrie.borchardt@metroparks.com)

**JULY 18-20 Becoming an Outdoors-Woman Weekend**, Sleeper State Park, Caseville; Thurston Nancy Thurston 810-392-2111 or [thurston@klondyke.net](mailto:thurston@klondyke.net)

**AUG. 8-10 Beyond BOW Fly Fishing Weekend**, Twin Pines Lodge, Grayling, Contact Lynn Marla 517-241-225 or [marlal@michigan.gov](mailto:marlal@michigan.gov) or Carol Waltz 989-344-9708 or [twinpinelodge@attglobal.net](mailto:twinpinelodge@attglobal.net)

**NOV. 8 Beyond BOW Ladies Pheasant Hunt**, Christensen Wing Shooting Preserve LTD, Lakeview, Contact Contact Lynn Marla 517-241-225 or [marlal@michigan.gov](mailto:marlal@michigan.gov) or John Christensen, 989-831-4919

## Supporters of the Becoming an Outdoors-Woman Program

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If you can view this newsletter online, would you please drop me a note at [marlal@michigan.gov](mailto:marlal@michigan.gov) and I will remove your name from the mailing list. This will be a considerable savings to the BOW program. Thanks! Lynn



Michigan Department of Natural Resources  
Becoming an Outdoors-Woman Coordinator  
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